

# ABSTRACT OF THE INVENTION

A board holding device for practicing a martial art and its associated method of use. The board holding device includes a framework that has a plurality of vertical rails. The vertical rails define sides of at least two striking planes. Connectors are disposed along each of the vertical rails. The connectors are used to selectively join striking boards to the vertical rails at any point along the vertical rails. In this manner, multiple striking boards can be placed across any or all of the striking planes. The striking boards can also be placed on the outside of the framework or on the inside of the framework. Thus, the striking boards can be arranged to be broken with a pushing blow or a pulling blow. The device enables a martial artist to arrange multiple striking targets at any position within multiple striking fields.